

Table of Exercises

- 1) light or warming-up exercises.
- 2) Table of exercise 8-12-16.
- 3) Stronger exercises at bar or in 2's. (ex) game.
- 4) Exercises for agility.
- 5) End your class in a good spirit (ex) game.

Exercises grouped in four.
leg, arm, bobbing, lateral.

Abbreviations (Danish)

Abdominal - abd
Alternate - alt.
Alternating - alt'g.
Arm - A
Back - B
Back lying - B.L.
Back sitting - B.S.
Backward - back'd.
Bend - bd.
Bending - bd'g.
Between - btwn.
Circling - circl'g.
Chest lifting - ch.l.
Clapping - clap'g.
Co-ordination - C.
Combined exercise - comb. ex.
Cross - X

Swedish table (with (m.c)) (6 tables)

- 1) Introduction - leg, arm, head, trunk, harder leg.
- 2) Arch flexion - sim - "to stretch muscles of inspiration and expiration," 2) to stretch the chest muscles. This is counteracted by a bend forward (ex) neck rest.

3) Heaving - a hang or a pull-up.
aim - "to develop muscles of inspiration
2) to elevate the chest and to send blood more quickly there
3) to elongate the spine, and to elevate the internal organs.
(ex.) rings, ladder.

4) Balance - aim - "to cultivate the equilibrium.
2) to correct general posture and develop co-ordination.

5) Dorsal or back - important exercise for children.
aim - "to stretch dorsal muscles.
2) to stretch the opposing chest muscles.
3) to develop muscles of the back, free shoulder girdle.

6) Abdominal - kneel or stoop tall (ex.)
aim - "to improve digestion and develop muscles that support abdominal muscles.

7) Lateral trunk - (ex.) to bend or rotate sideways.
aim - "affects blood vessels to liver and intestines.
2) develops waist muscles.

8) Slow leg - borrowed from balance exercise
aim - "to lessen circulation of heart beat.

9) Leaping - aim - "develops co-ordination, control, courage, speed.
2) develops muscular spring.

10) Breathing - aim - to breath well out.

Abdominal exercises are not good for girls (give 2 dorsal exercises instead)

If classes feet are tired, give exercises lying or sitting on the floor.

Abbreviations (Danish)

Deep - dk.
 Diagonally - diag 'ly.
 Downward - down 'd.
 Flexibility - f.
 Flinging - fling 'g.
 Forward - for 'd.
 Half - $\frac{1}{2}$.
 Hang - hg.
 Hanging - hg 'g.
 Hand - hd.
 Hip joint - h. j.
 Lateral - lat.
 Leg - l.
 Lifting - lift 'g.
 Lower back - L. B.
 Movements - mov 'ts.
 Neck - n.
 Opposite - opp.
 Placing - plac 'g.
 Position - pos.
 Quarter - $\frac{1}{4}$.
 Raising - rais 'g.
 Ring - rg.
 Sh. g. - shoulder girdle.
 Sidew. - sideways.
 Side 'd - siding.
 Sitt. - sitting.
 Spring 'g - springing.
 Squat - squat.
 St. - stand.
 S - strength.
 Stretch 'g - stretching.
 Strd. - stride.
 Supp. - support.
 Swing 'g - swinging.
 Th. - trunk.
 Th. spr 'g - trunk springing.
 Twist 'g - twisting.
 U. B. - upper back.
 Up 'd - upward.

W - warming up..
 Wg - wing.
 Wt - with.

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Table of Exercises for Young Children.

1. Jump 'g. in place, lift 'g. alt. legs sidem'.
2. Str. st. free A. swing 'g.
3. Str. st. hobb 'g. to left, to right, 3 times centre.
4. Fold str. st. A. fling 'g. sidm. m. 2. twist 'g.
5. From bd. sq. sit. to fly str. st.
6. Str. long. sit. hobb 'g. left, right, centre.
7. Bd. knee st. A. fling 'g. m. 2. twist 'g. spring to st.
8. St. A. lift to left, swing 'g. 3 times, change m. 4.
9. A. to sidm. 4 circles spring 'g. up on 4 - repeat
m. touching ground, finish bd. sq. sit.
10. Curtsy sit. th str. st.

Mr. Ruben.

Centres give games, sports, acrobatics, dancing.
Fundamental gymnastics make me strong, flexible,
agile.

Points to be considered

- 1) materials - the main type.
- 2) tools - exercise material
- 3) product - ideal physical standard
(free, strong, supple, beautiful in
form and character)

Materials - 1) frame - stiff in joints and spine.
2) muscles - weak in back, abdomen, triceps
3) nerves - awkward and clumsy.

Tools - 1) flexibility
2) strength
3) co-ordination

Exercises for strength make the muscles short.
Exercises for flexibility make the muscles long.
Walking & running are good balance exercises.
Work should be against natural curvature.

Fundamental gymnastics create, maintain, increase
3 aspects, mentally and physically.

To make exercises harder.

- 1) narrow the base.
- 2) raise centre of gravity (raise arms etc.)
- 3) introduce new elements & exercises.
- 4) lengthen timetable.
- 5) decrease rhythm.

Group work.

- 1) judge group with a critical eye.
- 2) judge its co-ordination, freedom & posture
- 3) correct its rhythm and style.
- 4) maintain a fixed ideal & try to reach it.

Command.

what
how
when } preparatory

explanation, pause, command.

Exercise.

name
command
effect.

Tap - dancing

Relax, and tap in time to music.

Tap on ball of the foot.

Legs relaxed from knee, ankles loose, arms swinging.

Arms swing in opposition to feet.

All taps start with left foot.

Waltz cloz - 1-5 taps.

Break, entrance and exit important.

Tumbling Table

1. forward rolls

2. backward, forward, backward with extension rolls.

3. cartwheels.

4. voluntaries - walking on hands

pinstand and over.

head stand and snipe over.

5. knee and forward roll.

6. handstands, headstands and elbow stands.

7. round-off and fish-flop.

8. voluntaries in twos.

handstand pull-over.

handspring over knees.

neck-roll over back.

monkey rolls.

double somersaults.

back to back pullover.

9. knee over knee.

10. soldiers and pyramid + forward roll off.

Hungarian byrds

Feet in third position, left foot in front, arms folded in front, elbows well up.

1) Three walking steps, l. r. l. develop (lift) r. leg. arms coming out to side (repeat 7 times) alternate foot.

2) Start l. foot, stomp to side, hopping on r. bring l. foot to r. leg while hopping on r. stomp l. r. l. Repeat r. repeat l. Spring with both knees bent into sq. sit. pos. raise developing r. leg. Arms remain folded except in kick. Repeat whole r.

3) Step on l. foot, r. foot raised behind, hands in line with foot, raise hand by clapping, hop 3 times. Repeat starting r. Repeat raising l. Repeat 4 more times (6 in all) then skip out from centre with arms folded front (8 steps). Repeat whole step starting in opposite direction, this time skip towards centre.

4) Mazurka step starting r. towards outside of room. Repeat r. 3 times, turn to r. (if possible 2 turns). Repeat whole step starting l.

5) Bend knees, make $\frac{1}{4}$ turn to left with feet in second position arms sideways, repeat 3 times, last time develop r. leg. Repeat whole step going l.

6) Hands on hips, travel to r. by hopping on r. pushing from third position to oblique (8 counts) + turn r. hand raised. Repeat to l.

7) Mazurka step 3 times r. + 3 stomps each foot. Repeat starting l.

Anatomy.

- Bones -
- 1) give shape + firmness to the body.
 - 2) affords attachments to the body.
 - 3) protects important organs.

Bone - composed of - $\frac{1}{3}$ animal matter
 $\frac{2}{3}$ mineral matter.

The flat bones are the sternum, shoulder-blades, cranial bones.

Structure of the bone.

Long bone - two heads and a shaft.

No medullary cavity in other bones.

Blood goes to bone through small vessels.

Kinds of bodily movements.

- 1) gliding - (eg. bones of wrist.)
- 2) flexion - bending.
- 3) extension - straightening.
- 4) abduction - movement away from the centre.
- 5) adduction - movement towards the centre.
- 6) rotation - turning on its own axis.
- 7) circumduction - turning right about.

Bad posture due to weak feet.

strained feet - flat feet

high heels - fallen arches.

Exercises for flat feet.

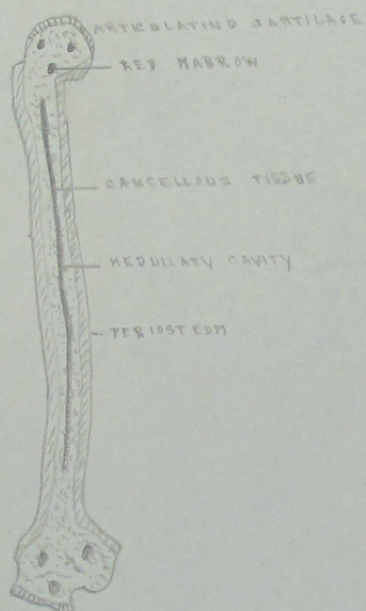
- 1) heel, outer border, raise on ball of foot.
- 2) feet apart - raise inside of foot.
- 3) knees bend with heels together.
- 4) picking up small objects with toes.

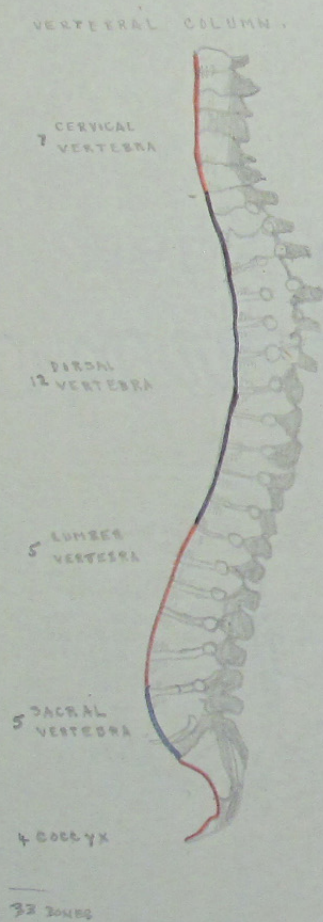
Three kinds of curvature of the spine.

- 1) hump
- 2) sideways curve.
- 3) lordosis

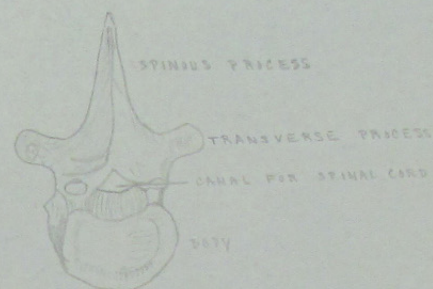
Funny bone - Ulna nerve.

LONG BONE

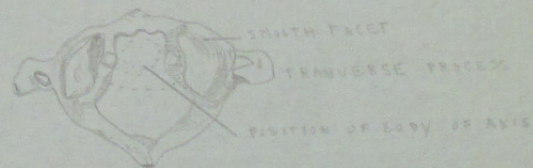




DERMAL VERTEBRA



ATLAS VERTEBRA (1st)



AXIS VERTEBRA (2nd)





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